

BCA Date: _____

CFL Print Name: _____

Observer Print Name: _____

Command Name: _____

CFL Signature: _____

Observer Signature: _____

Cardio Type: _____ Run / _____ Swim / _____ Elliptical / _____ Bike

Name (Last, First, M.I.)	Rank	Last 4 SSN	Age	Height (in.)	Weight (lbs)	% Body Fat	Member Signature

BCA Males:

Neck (in.)	Abdomen (in.)	BCA Formula
		Males: Abdomen – Neck = Circumference Value
		_____ - _____ = _____

BCA Females:

Neck (in.)	Waist (in.)	Hips (in.)	BCA Formula
			Females: (Waist + Hips) – Neck = Circumference Value
			(_____ + _____) - _____ = _____